



Italian-Style Crème Brûlée

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



59 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup poached berries mixed fresh (blueberries, raspberries, blackberries)
- 0.3 cup brown sugar packed
- 1 cup half-and-half cold
- 6.8 oz jell-o vanilla flavor pudding instant
- 0.5 cup marsala wine
- 1.5 cups milk cold
- 1 Tbsp powdered sugar

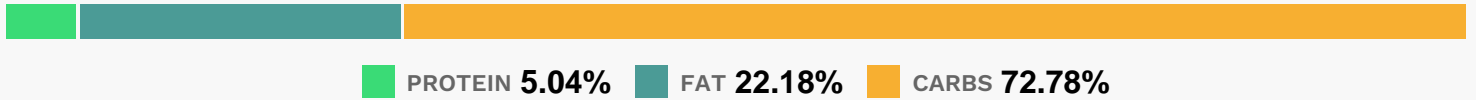
Equipment

- bowl
- whisk
- baking pan
- broiler

Directions

- Beat pudding mixes, milk, half-and-half and wine in medium bowl with whisk 2 min.
- Pour into 1-qt. shallow baking dish. Refrigerate 15 min.
- Heat broiler.
- Mix sugars; sprinkle over pudding. Broil, 3 inches from heat, 3 to 5 min. or until sugars are melted and caramelized.
- Let stand 5 min. Top with fruit.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:1.27, Glycemic Load:0.22, Inflammation Score:-1, Nutrition Score:0.85826085702233%

Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Petunidin: 1.2mg, Petunidin: 1.2mg, Petunidin: 1.2mg, Petunidin: 1.2mg Delphinidin: 1.27mg, Delphinidin: 1.27mg, Delphinidin: 1.27mg, Delphinidin: 1.27mg Malvidin: 6.36mg, Malvidin: 6.36mg, Malvidin: 6.36mg, Malvidin: 6.36mg Peonidin: 0.18mg, Peonidin: 0.18mg, Peonidin: 0.18mg, Peonidin: 0.18mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 59.28kcal (2.96%), Fat: 1.38g (2.12%), Saturated Fat: 0.8g (5.02%), Carbohydrates: 10.17g (3.39%), Net Carbohydrates: 9.99g (3.63%), Sugar: 8.81g (9.78%), Cholesterol: 4.29mg (1.43%), Sodium: 51.29mg (2.23%), Alcohol: 0.61g (100%), Alcohol %: 2.04% (100%), Protein: 0.7g (1.41%), Calcium: 26.22mg (2.62%), Vitamin B2:

0.04mg (2.12%), Phosphorus: 21.12mg (2.11%), Vitamin B12: 0.08µg (1.35%), Potassium: 39.15mg (1.12%), Vitamin A:
50.7IU (1.01%)